



AMERICAN COLLEGE OF GASTROENTEROLOGY

6400 Goldsboro Road, Suite 450, Bethesda, MD 20817-5846; 301-263-9000; Fax: 301-263-9025

EMBARGOED FOR RELEASE

Monday, Oct. 22, 2012

8:00 am EDT

Contact: Jacqueline Gaulin

jgaulin@gi.org or 301-263-9000

as of Sunday October 21, 2012 at ACG Press Room,
The Venetian, Galileo 901, 702-691-8010

Type 2 Diabetes May Increase the Risk of Barrett's Esophagus

Study Suggests Diabetic Men at Highest Risk Independent of Obesity, Smoking, and Alcohol Use

Las Vegas, NV (October 22, 2012) – Patients with Type 2 Diabetes may face an increased risk for Barrett's Esophagus (BE), regardless of other risk factors including smoking, alcohol consumption, obesity and gastroesophageal reflux disease (GERD), according to research unveiled today at the American College of Gastroenterology's (ACG) 77th Annual Scientific meeting in Las Vegas.

The study, **"Diabetes Mellitus Increases the Risk of Barrett's Esophagus: Results from A Large Population Based Control Case Study,"** suggests that, "if you have diabetes, your risk for Barrett's esophagus (BE) may be almost doubled," said co-investigator, Prasad G. Iyer, M.D., of the Mayo Clinic College of Medicine. He said this risk may be higher in men with diabetes likely because men tend to carry more fat in the abdomen compared to women who tend to carry weight around the hips and thighs.

Type 2 diabetes is the most common form of diabetes, with millions of Americans living with the disease. Barrett's esophagus is a condition in which the tissue lining the esophagus is replaced by tissue that is similar to the lining of the intestine. No signs or symptoms are associated with Barrett's esophagus but it is commonly found in people with GERD. About 5 to 10 percent of patients with chronic GERD will develop Barrett's esophagus.

Performing a population-based control study using the United Kingdom's General Practice Research Database (GPRD) (a primary care database containing more than 8 million patients), the researchers identified 14,245 Barrett's esophagus cases and 70,361 controls without Barrett's esophagus. Cases were more likely than controls to have ever smoked and consumed alcohol; and the prevalence of Type 2 diabetes before Barrett's esophagus diagnosis was higher in cases than controls. The mean BMI was also higher in cases than in controls both at baseline and over the study period.

Obesity is associated with an increased risk of Barrett's esophagus and esophageal cancer, but it is "unclear" if this is caused from a mechanical and/or metabolic effects such as hyperinsulinemia, according to investigators, who aimed to determine if there is an epidemiologic link between Type 2 diabetes and Barrett's esophagus after adjusting for known risk factors including obesity, smoking, alcohol use and GERD.

-more-

“Interestingly, we found that among the study cohort, if you had diabetes there was a twofold increase in your risk for Barrett’s esophagus,” explained Dr. Iyer. “When we stratified the results by gender, the association of Type 2 diabetes with Barrett’s esophagus was stronger in males compared to females, which may reflect the different fat distributions in men and women.”

Dr. Iyer said that while this study is retrospective—and further prospective studies are needed to better understand the link between Barrett’s Esophagus and Type 2 Diabetes—the results do offer valuable and potentially life-saving insight to patients and health care providers: “if you lose weight your risk for Barrett’s esophagus and esophageal cancer may decrease.” Dr. Iyer suggested patients who are overweight, particularly if they carry their excess weight in their belly, talk to their physicians about their risk for Barrett’s Esophagus and whether they should undergo screening through an upper endoscopy.

About the American College of Gastroenterology

Founded in 1932, the American College of Gastroenterology (ACG) is an organization with an international membership of more than 12,000 individuals from 80 countries. The College is committed to serving the clinically oriented digestive disease specialist through its emphasis on scholarly practice, teaching and research. The mission of the College is to serve the evolving needs of physicians in the delivery of high quality, scientifically sound, humanistic, ethical, and cost-effective health care to gastroenterology patients. www.gi.org View releases on other research breaking at the ACG meeting at <http://gi.org/media/press-releases-for-acg-annual-scientific-meeting/> **Tweet, Follow [#ACG2012](#)**

###